#### CHAMP

USU Consortium for Health and Military Performance





### **Eating Globally**

Deuster/Kemmer/Tubbs/Zeno



#### Overview



- Issues related to cultural awareness
- Foodborne illness
  - Causes and treatment
  - Foods to avoid
- Traveler's diarrhea
- Water purification
- Making wise food selections





### **Cultural Awareness**



- Culture involves:
  - Language, beliefs, religion, values, behaviors, food preferences, eating habits, etc
- Recognize, understand, appreciate, and respect different perspectives
- Avoid stereotypes, prejudice, and insulting the host
  - Learn the eating customs prior to deployments
  - Types of food and animal parts used may vary
- Know and respect Holiday and ceremonial meals

### CHAR Know Local Customs USU Consortium FOR HEALTH AND MILITARY PERFORMANCE Basics



View a table of Specific Food Customs and Stable Crops in Various Countries on the Food in Every Country website

- Punctuality
- Customary greetings
- Bring the hostess a gift, food or beverages
- Don't criticize
- Do not rush through your meals
  - Meal may be viewed as a social event
  - Do not be wasteful or gorge yourself
  - Appreciate the offer
  - Clean your plate or leave some food remaining



### Know Local Customs



- Who should begin the meal
- Appetizers
- Soup
- Meat/ Fish
- Desserts
- Beverages
- Food Offerings
- Beliefs associated with specific foods





#### Know Local Customs



- Types of eating utensils & how to use them (if used at all)
- Which hand to use when dining
- Proper dress attire and traditions
- Who should pay the bill
- Local foods and their importance







#### Foodborne Illness



- Caused by bacteria, viruses, parasites, and/or various harmful toxins
  - Higher risk sources (street vendor vs. private home)
- Food choices may be limited in developing countries and impolite to refuse an offer
- Important to be courteous of food preparation and consumption customs
- Pay attention to food & drink:
  - Avoid the common gastrointestinal distress
- First common symptoms include:
  - nausea, vomiting, abdominal cramps & diarrhea

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- Raw meat & poultry
- Ground beef & raw eggs
- Unpasteurized milk
- Fresh squeezed fruit juice
- Raw shellfish (oysters)
- Raw fruits and vegetables
- Alfalfa & bean sprouts
- Contaminated water may harm washed produce





## CH MPreating Foodborness USU Consortium FOR HEALTH AND MILITARY PERFORMANCE LINESS

- Illness caused by viruses should improve in 2-3 days without antibiotic therapy
- Very important to wash hands thoroughly
  - Alleviates current symptoms
  - Prevents spread of infection



## CH AP Preventing and Treating Susu Consortium For Health and Military Performance Foodborne Illness

- Pepto-Bismol
  - Possible side effects: temporary blackening of tongue and stools, occasional nausea, constipation, & rarely, ringing in the ears
- Treatment depends on the symptoms
- Avoid dehydration from diarrhea or vomiting



#### CHAP Treatment of Traveler's USU Consortium FOR HEALTH AND MILITARY PERFORMANCE Diarrhea



- Requires replacing lost fluids and salts lost
- Oral rehydration solution salt (ORS)
  - Most effective
  - Readily available in pharmacies & stores in developing countries
  - Important to follow directions of prepartion
- Sports drinks, such as Gatorade, do not replace the losses correctly



# Treatment of Traveler's Diarrhea (cont.)



- Pepto-Bismol decreases diarrhea frequency:
  - May shorten the duration of the illness
- Over-the-counter antidiarrheal medication (Lomotil or Imodium) decrease the number of diarrheal stools:
  - May cause complications in people with serious infections
- Antidiarrheal medication provides symptomatic relief:
  - May worsen the illness if high fever or bloody stools are present
- Antibiotics may shorten term of illness
  - Must be prescribed by health care provider



## Consult a Health USU CONSORTIUM FOR HEALTH AND CARY PERFORMANCE Symptoms of:



- High fever ( >101.5°F)
- Blood in the stools
- Prolonged vomiting
- Signs of dehydration
  - Decrease in urination
  - Dry mouth & throat
  - Feeling dizzy upon standing
- Diarrhea that lasts more than 3 days



# CHANNAL Purification USU Consortium FOR HEALTH AND MILITARY PERFORMANCE

- Only drink bottled water from approved sources
- Boil water
- Disinfect water with iodine or chlorine
- Water purification tablets eliminate Giardia, bacteria, viruses, and removes sediment
- lodine tablets clarify and disinfect polluted/suspended water to make it safe



### CHAPMake Wise Food USU CONSORTIUM FOR HEALTH AND MILITARY PERFORMANCE CHAPMARE Wise Food Selections



- Hot, cooked food is usually safe
- Be careful when consuming fish
- Buy only cooked street vendor foods
- Avoid raw ingredients
- Choose hot beverages over cold, canned or bottled, when possible
- Avoid ice in beverages
- Use purified water to brush your teeth

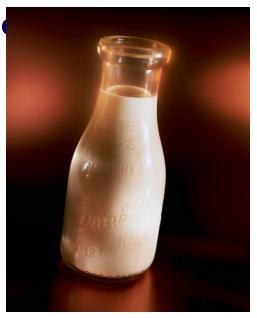




### Make Wise Food Selections



- Clean fruits & vegetables well & avoid buying already peeled produce
- Avoid cream or meat filled bakery products
- Order cooked meat well done
- Do not eat food sitting at room temperature for > 4 hours
- Boiled & fried foods are generally safe
- High salt, sugar or acid levels prevent bacteria growth





#### **Key Points**



- Be aware of cultural differences, including types of food and local eating utensils
- Take precautions to avoid foodborne illness
- Make wise food and beverage selections when eating on the economy
- Contaminated water may severely affect health: purify your water!
- Carry Pepto-Bismol and seek medical treatment for symptoms from contaminated foods or beverages

